The Senior Sentinel

The Department of Aging & Youth Services will be **closed Monday, September 5th** in observance of Labor Day.

Saratoga County Department of Aging and Youth Services
Annual Senior Picnic
Thursday, September 8th
Saratoga County Fair Grounds
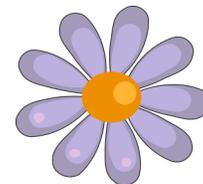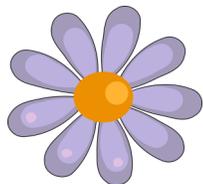*Rain or Shine*
Cheeseburger
Potato Salad
Coleslaw
Chips & Pickle
Apple Pie

Please join us for an afternoon of good food and music
Lunch will be served at 12 noon

FILL A TRUCK FOR THE VETERANS
Please bring a donation of paper products, hygiene products,
cleaning products and laundry products.
All proceeds will be donated to the <u>Veterans & Community Housing Coalition</u>

$4.00 Advanced Meal Ticket is Required
Tickets are non-refundable
Available at the Saratoga County Department of Aging & Youth Services
Call (518) 884-4100 for details
*There will be access to public restrooms and golf carts will assist.

On the Horizon...

Intergenerational Programs!!

Book Buddies, Exploring Our World

& Community Gardening

Saratoga County Life with all Ages

Be a part of the program by participating.

Call for more information 518-884-4100

Nutrition and the Environment

We often focus on food choices that can make us healthier. This month we are going to look at choices that help make the planet healthier. Fortunately, it's not an either/or proposition; what is good for us can also be good for the environment.

I'm sure you've noticed the green movement that had been spreading across the U.S., and even across the globe. People everywhere are trying to figure out how we can live, work, and play more sustainably. Sustainable eating is a huge part of that movement. Let's look at what we can do in our everyday lives to support the environment and healthy eating habits.

Go Meatless Once a Week

One thing we can do to make our diet a little easier on both the earth and our wallet is to eat lower on the food chain, at least some of the time. Raising livestock like cattle, pigs, and poultry uses much more land, energy, and water and generates more waste than producing the same amount of protein and calories from plants.

You don't have to become a full-time vegetarian to have a positive impact. By one estimate, if every family in America went meatless just one day a week it would be the equivalent of not driving 91 billion miles or taking 7.6 million cars off the road.

The planet isn't the only thing that benefits when you eat less meat. Nutritionally, plant protein is lower in fat and comes bundled with lots of valuable fiber and antioxidants. In addition to this, people who eat less meat tend to be thinner and have lower rates of many diseases. However, meat does have nutritional benefits. It's a great source of protein, iron, B12, and other nutrients. There just might be a benefit to us and the environment by eating a bit less of it than we currently do.

Buy Local Whenever Possible

Another big thing we can do to help the environment is to buy foods that are produced close to where we live. Analysts estimate that the average American meal travels 1,500 miles from its source to our plates. Because they don't spend as much time in transit, local foods are also usually fresher and—especially in the case of fruits and vegetables—fresher means more nutritious.

Consider Growing Your Own Food

Although the growing season in our area is nearly over it's a good time to start thinking about next year. A back yard vegetable patch or some planters on the deck are becoming very popular these days. A dollar's worth of seeds can produce $50 worth of fresh, organic vegetables. Of course, there is some work involved but a little exercise is good for all of us.

Packaging/Recycling

The way our food is packaged also has an impact on the environment. For example, locally grown and fresh produce require minimal packaging. Also cooking meals at home instead of purchasing prepared and takeout meals uses less packaging and has the added benefit of being more cost effective. In addition, in many cases cooking your own food is the better nutritional choice as prepared meals are usually higher in fat and sodium.

However, we cannot avoid all packaging. A great percentage of packaging is in the form of plastic, which in many cases can be recycled. Plastics are classified into 7 categories. The numerical classification number is identified on the plastic item using the symbol showing a number with arrows around it. The numerical classification identifies the type of plastic. Different plastics are more favorable for recycling than others. Those identified in category 1 are the most suitable for recycling. The home delivered meals that are distributed throughout our county are packaged in plastic trays which are identified as category 1. These trays are produced from at least 30% recycled plastic. Utilizing recycled plastic significantly reduces landfill waste. Also, they are manufactured in the USA thereby reducing their carbon footprint associated with shipping a long distance. After the trays are used, they can once again be recycled utilizing your regular recycling program. In addition, some of the trays can be used around the house to help organize. For example, the trays are great in a desk draw for rubber bands, paper clips etc.

Does Medicare Cover Long-Term Care?

Medicare usually does not cover long-term care (LTC) services. LTC refers to a range of services and supports that help you perform everyday activities. LTC can be provided in your home, a nursing home, an assisted living facility, or other setting, and may include medical care, therapy, 24-hour care, personal care, and custodial care (homemaker services).

Just because something is not covered by Medicare, doesn't mean it isn't needed. There are other ways you can receive this help. Let's discuss as few:

- **Medicaid** is a state and federal program that provides health coverage if you have limited income. Medicaid is the country's largest payer of LTC services and will pay for nursing home care. Medicaid benefits also coordinate with Medicare. While Medicaid can vary from state to state, all states should have a Medicaid program that covers long-term care for those who need care at home and those who need long-term care in a nursing home. Call your local Medicaid office to learn if you meet the eligibility criteria in your state.
- An **Area Agency on Aging (AAA)** may be able to provide counseling and connect you with low-cost services in your area.
- **Local senior centers** may have programs that can deliver meals, provide transportation and shopping assistance, and offer case management. To find senior centers in our area, call your local AAA or use the *Eldercare Locator Tool*. (https://eldercare.acl.gov)
- **Faith-based organizations and charities** may offer services, financial assistance, and/or referrals to other organizations in your area.
- **Geriatric care managers** are health and human services professionals who work privately with you and your family to create a plan of care that meets your needs.

While Medicare does not cover long-term care, it does cover home health care. Under the home health benefit, Medicare pays in full for an aide if you require skilled care (skilled nursing or therapy services.) A home health aide provides personal care services, including help with bathing, toileting, and dressing. However, Medicare will not pay for an aide if you only require personal care and do not need skilled care. In other words, if you or your spouse needs skilled nursing care or therapy services in addition to personal care, Medicare may cover the cost of an aide. If you are unsure what kind of care you are unsure what kind of care you or your spouse needs, start by speaking with a health care provider.

For more information please contact Department of Aging & Youth Services @ (518) 884-4100.

What Can You Do About Headache Pain?

Throbbing, aching head? You're not alone. Nearly everybody has had a headache. It's one of the major reasons people visit the doctor and miss work or school. Not all headaches are the same. They can differ in how severe the pain is and how often you get them. Some people may get them only once in a while. Others may get them daily. What causes headaches varies. Some types of headaches run in families. Others can be triggered by stress, alcohol, certain smells, allergies, or even the weather.

Tracking your headaches can help your health care provider figure out what causes them and choose a treatment for them. Write down the time of day they happen, what you were doing at the time, how long they lasted, any medicines or food you have beforehand, and anything you notice like noises, smells, or other possible triggers. Your provider can review this information and your medical history to help figure out what type of headaches you're having. They also run lab tests for other medical conditions that may be the cause. Different types of headaches are treated differently.

Not all headaches require medical care. But sudden onset headaches can signal a more serious disorder. Get help right away if you experience a sudden, severe headache along with a stiff neck, fever, nausea, or vomiting. Or if you're getting headaches more often or more severely over time.